



January 2013

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Exalted Warrior Yoga Program — Page 10

Leadership Changes at BHC Norfolk Triad

Kay-Marriner Relieves Neill, Neill Retires

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

The leadership of Branch Health Clinic Norfolk Triad changed hands Jan. 18 during a change of charge ceremony at



Capt. Richelle Kay-Marriner, incoming OIC, speaks about her excitement over assuming the role of OIC after the ceremonious exchange of salutes with Capt. James Hancock, NMCP deputy commander.

Naval Station Norfolk, where Cmdr. Sarah Neill was relieved by Capt. Richelle Kay-Marriner.

The triad consists of the BHCs at Naval Station Norfolk, Norfolk Naval Shipyard and Naval Weapons Station Yorktown. The Naval Station Norfolk clinic is the largest branch health clinic in the Navy and supports the largest fleet concentration area.

During the ceremony, the speeches were filled with a laundry list of Neill's accomplishments and gratitude for her devotion to her staff and to the many service members and their families they care for. Capt. David A. Culler, Naval Station Norfolk commanding officer, led the accolades.

"Cmdr. Neill's engaged and proactive leadership as officer in charge of the world's largest branch health clinic and most operationally intensive naval installation on the planet certainly kept Sarah busy – and she performed flawlessly," Culler said. "Successful commands are tied to strong, positive leadership. (It should be) better when you depart than when you arrived, and you get an A plus as you certainly did that."

Capt. James Hancock, Naval Medical Center Portsmouth deputy commander, praised the value of Neill's accomplishments.

"You have made something that supports our fleet, not only

— See **CHANGE**, Page 12

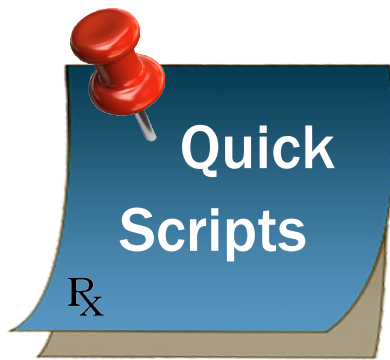
NMCP's First Baby of 2013

PHOTO BY MC1 (SW/AW) STEVEN WEBER
NMCP Public Affairs

Here he is, all eight pounds, one ounce and 21 inches long! Michael Andrew Cullen was NMCP's first baby of 2013, born at 7:33 a.m. on New Year's Day. He's the first child of Naval Aircrewman Mechanical Airman Mathew Cullen, of Fleet Logistics Squadron Five Six, and wife, Jessica.

They were surprised to become parents on Jan. 1 – as well as Michael being the first baby of the year – since Jessica's due date was Jan. 4 and other women were in labor at the same time. Michael was the first of four New Year's Day babies born at NMCP.





Prostate Screening

The Urology Clinic is offering prostate exams to male beneficiaries who are 40 years or older, for those who have never had a prostate exam or if it's been more than a year since the last exam. Appointments are available March 4 to 6 from 2 to 4 p.m. each day. No referral necessary. Call 953-2341 or 953-2342 to schedule an appointment.

Million \$ Sailor Workshop

Fleet and Family Service Center will give the Million Dollar Sailor workshop Feb. 28 to Mar. 1 from 7:30 a.m. - 4 p.m. in the auditorium and is open to all beneficiaries.

The course offers financial goal setting and implementation, debt reduction, savings, investing and wealth building.

Enlisted register with HM1 Tramaine Brown at tramaine.brown@med.navy.mil with LCPO approval. Officers register with Lt. Cmdr. Lorena Griffin at lorena.griffin@med.navy.mil.

griffin@med.navy.mil. Email subject should be "Million Dollar Sailor."

Patient Safety Awareness Week Fair Set for March

The Patient Safety Office will recognize Patient Safety Awareness Week with a safety fair March 7 from 9 a.m. to 1 p.m. in Bldg. 2, 2nd floor. The week highlights improvements patient safety in health care. The theme: "7/365. Seven days of recognition, 365 days committed to safe care."

Staff is encouraged to participate in the fair to give information about areas that contribute to patient safety. The top three entries will be recognized during a recognition ceremony. For more information, contact John Cherry at 953-0498 or Karen McAdoo at 953-5261.

Fleet Reserve Association

Those interested in joining Fleet Reserve Association Branch 40 can

NAVAL MEDICAL CENTER
PORTSMOUTH IS ON
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facebook

[www.facebook.com/
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<http://twitter.com/NMCP1>



attend meetings on the third Tuesday of each month at 7 p.m. at 4060 S. Military Hwy. in Chesapeake. The association is open to active duty and veterans of the sea services.

Their mission is to protect and enhance military pay and benefits, including VA health care and education benefits, and help provide a seamless transition for active duty to veterans status. They also provide more than 100,000 in secondary and graduate scholarships annually to its members and families.

For more information, contact Jim Scarbro, branch secretary at 323-1218 or Jim Campbell, Four O Club secretary at 848-3780.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
(757) 953-1973

THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

NMCP's Medical Board Team Receives 14th Certified Pipeline Movers Award

STORY AND PHOTOS
BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth announced that the Medical Boards staff again received the Certified Pipeline Movers Award in January for their successes in the Physical Evaluation Board process. The staff has received the award 14 times since 1990, with the longest and current streak going since 2005.

The award, which followed the August 2012 inspection by the Transient Monitoring Unit, recognizes medical treatment facilities within Navy Medicine that process personnel who are being assessed medically as to whether or not they are fit to continue their service or if their condition dictates they should be medically retired or separated.

"This award recognizes the monumental efforts made by our Medical Boards staff, our case managers, the Military Personnel Division and all of the physicians who move these boards through the system in a timely and efficient manner," said Rear Adm. Elaine C. Wagner, NMCP commander. "Only about 10 percent of commands in the Navy are recognized with this award. It takes a great deal of effort to ensure that all of our wounded warriors, limited duty Sailors and transient personnel are taken care of in such a professional manner."

Carol Y. Mitchell, Medical Boards supervisor, was quick to acknowledge the effect her staff has in the continual receipt of this award.

"It's important to me that the staff is recognized, because Ms. Williams and I couldn't do it without them, from the physical evaluation boards to the limited duty cases," Mitchell said. "There are a few thousand documents that we process every year and to be able to accomplish that really takes a dedicated, hard-working staff."

"In general, with medical boards, with our knowledge and experience, we're able to provide the best for the member," said Zandra K. Williams, assistant supervisor. "We do have a good rapport with doctors and clinics, and they assist us to help in the process."

During the inspection, the TMU checks on the efficiency though which the medical boards staff processes those in the Disability Evaluation System. They examine the transmission of required messages and notifications and if they are meeting the required timelines while processing each Sailor or Marine's case. The result of the assessment concluded that the Medical Boards staff processes all cases within the mandated timeline or well below.

"The clinics, the physicians and the leadership at this medical center are all proactive in trying to render the best service to our wounded, ill and injured members," Mitchell said. "It takes that kind of collaboration from the top to the bottom to get this process working as well as it does."

"Our staff follows the patient through our processes, making sure the patient understands what is going on, that they understand the process, and that if they encounter problems they can come to us," Mitchell said.

One tool that has helped the Medical Boards staff improve their patient care is the Integrated Disability Evaluation System,

which was developed by the Bureau of Medicine and Surgery and has been in place at NMCP since 2011. It speeds up the process of transitioning limited duty personnel by getting all of the players involved in the various stages of a patient's case working together, from the patient's physicians at the beginning to Veterans Affairs personnel who deter-



Carol Y. Mitchell, Medical Boards supervisor, left, and Zandra K. Williams, assistant supervisor, with their newest Certified Pipeline Movers Award.

mine disability ratings at the end.

Mitchell noted that cooperation and collaboration with the Hampton VA are an integral part of the program's success; the VA staff is just across the hallway, whereas in other facilities, the VA is in a separate location.

"This hospital is uniquely set up, in that we are co-located with the VA, which provides tremendous patient support, very quick evaluations by the VA," Mitchell said. "We have this one-stop shop that has benefitted our patients because they

Norfolk's Fleet Dental Hits 200th Deployable, Dental-Ready Ship since 9/11

STORY AND PHOTO
BY MC2 NIKKI SMITH
NMCP Public Affairs

Branch Health Clinic Naval Station Norfolk Dental Clinic and USS Nicholas had large cause to celebrate Jan. 11 during a ceremony at the clinic honoring Nicholas as the 200th consecutive ship since Sep. 11, 2001, to be deployable with the crew at or above 95 percent Operational Dental Readiness.

Ships with such high dental readiness minimize their risk of a crew member experiencing a dental-related emer-

gency while deployed. The clinic's Fleet Dental department also staff mobile dental vans to provide dental services pierside. This minimizes disruption to ships' crews while ensuring ships without dental teams on board are ready to sail.

Naval Medical Center Portsmouth and Nicholas leadership joined BHC Norfolk staff to mark the clinic's milestone.

"This day speaks volumes to the dedication of the staff here," said Rear Adm. Elaine C. Wagner, NMCP commander and Navy Dental Corps chief. "As the Dental Corps chief, I am particularly honored to be here with you celebrating the 200th consecutive ship since 9/11 to deploy with operational dental readiness above 95 percent. It is an awesome accomplishment, and it speaks volumes about the dedication and hard work that the entire dental team has put into this effort."

Cmdr. Cory Blaser, Nicholas commanding officer, thanked Wagner for the work of the dental staff with a signed photo of his ship.

"There are many pieces to mission readiness as my ship gets ready to head out over the horizon to do our job, and everyone in this room helped us prepare," Blaser said. "Dental and medical readiness are both absolutely paramount. I make sure all of my Sailors are ready to go, and the assistance we received from the staff here has been so important in ensuring the health of my people. Thank you all very much and thank you for the continuing support of the fleet."

The accomplishment fits in perfectly with Navy Medicine's goals of



Rear Adm. Elaine C. Wagner, NMCP commander, and Cmdr. Cory Blaser, USS Nicholas commanding officer, cut a cake at the dental clinic on Jan. 11 to recognize Nicholas.

readiness, value and jointness.

The 15-member Fleet Dental department operates six Mobile Dental Units, driving two to the Norfolk waterfront Monday through Thursday to give Sailors annual checkups and cleanings pierside, saving thousands of man-hours in travel time between the waterfront and clinic.

The department provides service to more than 40 cruisers, frigates, destroyers and submarines, generally working with ships six to seven months before a deployment to plan the pierside visits.

During the ceremony, Jesse Medina, BHC Norfolk assistant fleet liaison officer, proudly placed the number "200" onto the clinic's poster that tracks the ships. A retired dental technician, Medina has worked with the Fleet Dental department for more than nine years, helping to provide care for more than 160,000 patients.

"I understand that these ships don't have the dental staff to take care of these Sailors," Medina said. "I very much enjoy taking care of these ships' crew members, and it's the entire clinic that makes this happen."

The clinic had previously recognized ships for being the 100th and 150th consecutive ships to achieve a 95 percent or above rating of dental readiness: USS Bainbridge was the 100th in August 2007, and USS Cole was the 150th in January 2010.

Fleet Dental Department:

- 15 personnel maintain the operational dental readiness of more than 10,500 Sailors.
- Provides services to 42 surface and subsurface ship (cruisers, frigates, destroyers and submarines).
- Maintains six Mobile Dental Units, a total value exceeding \$3 million.
- Deploys two Mobile Dental Units daily to the Norfolk waterfront to provide dental exams and cleanings. This service saves the Sailor from making a trip to the dental clinic, saving the ship thousands of man hours a year.
- Provides services to all personnel mobilizing/demobilizing from Reserve Duty.

Accomplishments since Sept. 11, 2001:

- BHC Norfolk, Fleet Dental Department has deployed 200 consecutive ships at or above 95 percent Operational Dental Readiness.
- The department has provided 111,860 dental exams.
- The department has provided 164,106 patients treatment (exams and procedures)

USFF Commander Gortney Tours NMCP during Visit

PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Adm. William E. "Bill" Gortney, Commander, U.S. Fleet Forces Command, and USFF fleet surgeon, Capt. Bruce Gillingham, stopped by Naval Medical Center Portsmouth for a tour on Jan. 9. During his visit, he met with the Command Executive Board and toured the Simulation Lab and the Wounded Warrior Patriots' Inn.



Rear Adm. Elaine C. Wagner, NMCP commander, speaks with Adm. William E. "Bill" Gortney, USFF commander, before he meets with the Command Executive Board.



Capt. Bruce Gillingham, USFF fleet surgeon; Rear Adm. Elaine C. Wagner, NMCP commander; and Adm. William E. "Bill" Gortney, USFF commander, on the Command Suite balcony at the beginning of the visit.

Right: Capt. Jim Ritchie, Simulation Center medical director, tells Adm. William E. "Bill" Gortney, USFF commander, about the use of the different mannequins during the Sim Lab tour.



Adm. William E. "Bill" Gortney stands back to back with HM3 (FMF/IDW) Donte Brackett after presenting him a coin.



Adm. William E. Gortney and Lt. Cmdr. Duane Lawrence after the coin presentation. Four other staff members received coins prior to the admiral meeting with NMCP's Command Executive Board.



Capt. Jim Ritchie, Simulation Center medical director, explains to Adm. William E. Gortney, and Capt. Bruce Gillingham, USFF fleet surgeon, about the training NMCP doctors get before working with patients.



Blood Bank Recognizes Its Donors during National Blood Donor Month

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated National Blood Donor Month with a donor recognition cake-cutting ceremony, hosted by the Apheresis Laboratory, Jan. 16.

The lab has celebrated the January observance for several years as a way to acknowledge its donors and to draw attention to the need for blood donations.

Six donor appreciation plaques are displayed in the laboratory, listing the names of frequent donors. There are 260 people who donated less than 25 times, 14 have donated more than 25 times, 10 gave more than 50 times, three donated more than 75 times, and three have donated more than 100 times.

"We had such an increase in donors in the last two quarters that we are going to get new plaques made because there isn't enough room to list all the names," said Ralph Peters, blood donor recruiter. "About 200 more names are going to be added to the plaques of people who took the initiative to come out and donate."

The Armed Services Blood Program provides blood products to active-duty service members and their families receiving care at military treatment facilities worldwide. NMCP is one of 19 blood donor centers in the United States and 22 worldwide.

"We provide blood products to anywhere from NMCP to Camp Lejeune and half of the units we receive are shipped overseas for active duty who are still down range," said Peters. "One unit of whole blood can save two or possibly even three lives. Platelets, the clotting factor in blood, can save the lives of children and cancer patients."

Donated red blood cells must be used within 42 days of

collection, platelets must be used within five days, and plasma can be frozen for up to one year.

"There's always a need for platelets and whole blood and there is never enough to go around," said Cmdr. Viviana Johnson, Blood Bank Medical Director. "So we really appreciate all donors and especially the ones that keep coming back to contribute to the lives of our patients."

Blood donations are traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness.



Photo by Cmdr. Viviana Johnson

Several staff and donors during the Blood Donor Center's recognition ceremony on Jan. 16 in celebration of National Blood Donor Month.

Many staff members make a point of donating because they work directly with patients whose lives depend on donations. "Since I work in oncology, I like to give platelets as often as I can because I know that I am actually helping my patients on the ward as well. I see how much blood they need and how important it is," said Lt. j.g. Anna Beaman, a nurse in the oncology clinic, who has donated 16 units of platelets.

"Everyone who has the opportunity to give blood should definitely give blood because there is always a need and here at the hospital we do our best ensure that all the donors are reached," said Hospital Corpsman 2nd Class (SW) Lindsay Gray, the Apheresis Leading Petty Officer.

To help meet the goal, the lab offers appointments, which can be made by calling 953-1717 or 953-1730, or visiting the ASBP website at www.militaryblood.dod.mil. To donate blood, donors must have base access, be at least 17 years old, weigh at least 110 pounds, be without infection or fever, should not use antibiotics and should generally be feeling well on the day of donation.



HM2 (SW) Lindsay Gray, the Apheresis leading petty officer, prepares Lt. j.g. Anna Beaman, a nurse in the Oncology Clinic, for her 16th platelet donation. Donors can make either a platelet or a whole blood donation.



The names of donors are displayed on donor recognition plaques that hang in the blood donor center. So many names have been added recently that some of the plaques are filled and additional plaques are needed.

BHC Boone Rededicated after Lengthy Renovations

STORY BY MC3 KAREN BLANKENSHIP
Navy Public Affairs Support Element East

REBECCA A. PERRON, NMCP PUBLIC AFFAIRS,
CONTRIBUTED TO THIS STORY

The Vice Adm. Joel T. Boone Branch Health Clinic at Joint Expeditionary Base Little Creek-Fort Story was rededicated Jan. 15 following extensive renovations to the 40-year-old building.

The renovations cost approximately \$3.8 million and included new walls, floors, heating and air conditioning, ventilation, interior lighting, suspended acoustic ceilings, and fire alarm and sprinkler systems.

Renovations began in 2005 and were completed in several phases all while the clinic simultaneously provided care to more than 1.1 million patients.

"Our dedication to providing quality health care proves we are simply too valuable to the mission to close (for renovation)," said Cmdr. Gabriel Brown, the clinic's officer in charge.

The ultimate goal was to provide patients a more comfortable and better

environment for the delivery of health care.

Phase One involved replacing the interior structures, and was likened to "building a new building within a building." Some areas were gutted to the studs. The foyer was revamped to be more accessible to patients. During the second phase, the second floor dental clinic was remodeled.

Primary Care, Physical Therapy and the pharmacy were completed in the final phase. The clinical spaces were redesigned and some were relocated.

The clinic now has a more efficient layout, with radiology, the laboratory and immunizations located near Primary Care. The Pediatric Department now has a waiting room separate from the adult Primary Care section, and an overflow waiting area was added.

Rear Adm. Elaine C. Wagner, Naval Medical Center Portsmouth

commander, reiterated the clinic's importance in Hampton Roads.

"In 2012 alone, the clinic treated more than 230,000 patients, filled over half a million prescriptions, drew over 60,000 labs and processed over 18,000 X-rays," said Wagner.

"That's a lot of health care, all while ensuring optimum readi-

ness support for 162 commands on two bases."

Guest speakers at the event also included Cmdr. Doug Rhoads, JEB Little Creek executive officer, and retired Rear Adm. Earl P. Yates, who attended the original ribbon-cutting ceremony when the clinic opened in 1972.

Rhoads said, "With the cutting of this ribbon today, you can be assured that the dedicated staff of this clinic will continue to improve upon what are already high standards of excellence for our war fighters, retirees and their families."

One project remains: The Healthcare Benefits Office will relocate closer to Primary Care for patient convenience, adding space for three more providers once HBO moves.

The clinic is named for Medal of Honor recipient Vice Adm. Joel T. Boone, a surgeon who served during World War I. Boone was awarded the Medal of Honor for demonstrating extraordinary heroism while his regiment battled the enemy in France in 1918.



Photo by Scott Mohr

Rear Adm. Elaine Wagner, NMCP commander, and retired Rear Adm. Earl P. Yates, cut the cake for the rededication of Vice Adm. Joel T. Boone Branch Clinic at JEB Little Creek.



Photo by MCSN Derek Paumen

Rear Adm. Elaine C. Wagner, NMCP commander, and retired Rear Adm. Earl P. Yates, hold a ribbon at the rededication ceremony for the Admiral Joel T. Boone Health Clinic at JEB Little Creek. The clinic was named for Boone who received the Medal of Honor for his service during World War I.

NEC Fair Offers Options to NMCP Corpsmen

By MC2 NIKKI SMITH
NMCP Public Affairs

The Naval Medical Center Portsmouth Mentorship Program Committee expanded the opportunities for its Sailors by hosting a Navy Enlisted Classification fair on Jan. 24.

January is National Mentoring Month, and the committee saw this as an opportunity to showcase the many NECs available within the Hospital Corps. Staff from the medical center and its branch clinics staffed 25 tables filled with information about Hospital Corps NECs, hospital committees and officer programs.

Many who staffed the tables said they were unaware of their respective NEC until they were sent to school for it or researched their job field. They participated in the fair to help other corpsmen from missing possible career opportunities. A radiologic technician, occupational therapy assistant, psychiatric technician and respiratory technician spoke to those who stopped by their table about the possibilities available.

At the Aviation Medicine table, Hospital Corpsman 2nd Class (SW/AW) Yonne Coronado was eager to share his knowledge with the Sailors at the event. Coronado is from the Aviation Medicine Clinic at Branch Health Clinic Naval Station Norfolk and has worked in a few of the Aviation Medicine NECs.

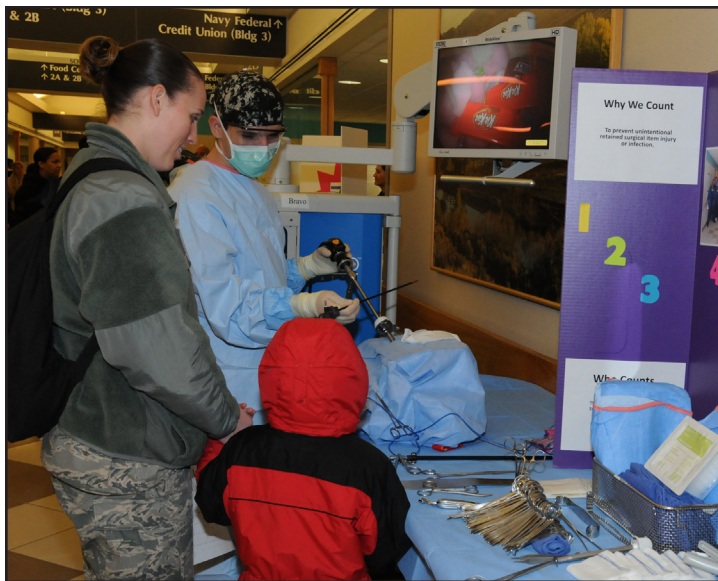


Photo By MC2 Nikki Smith

A NMCP Surgical Technologist demonstrates a laparoscopy machine during the medical center's NEC fair Jan. 24. The fair hosted 25 different tables showcasing a variety of NECs that are available to hospital corpsmen.

"I think fairs like this are really important," Coronado said. "These offer everyone, especially junior personnel, a chance to see beyond the walls of the clinics and hospitals and into what other people in their rate are doing. This event also allows for great mentorship possibilities. Experienced corpsmen are able to share their knowledge



Photo By MC2 Nikki Smith

NMCP patients check out the Radiologic Technician display during the hospital's NEC fair Jan. 24. The fair boasted 25 different Hospital Corps NECs as well as displays from officer programs, Coalition of Sailors Against Destructive Decisions and the command Drug and Alcohol Program Advisor.

with junior Sailors who haven't had the chance to do and see the same things they have."

The tables and interactive displays at the fair pulled in a large audience, with people excited to have a chance to see what goes into working a laparoscopy machine or learning about different respiratory masks and hear about training prospects.

Aside from the NEC tables, recent Medical Enlisted Commissioning Education Program graduates staffed a display and talked about the different officer programs.

The command Drug and Alcohol Program Advisor took advantage of the fair's crowd to spread the message of safety and responsibility with a double-sized display filled with information about responsible drinking and cautions about illegal drug use. The Coalition of Sailors Against Destructive Decisions was also present with a large display focused on planning a family around your career.

The fair was well received and lasted much longer than planned, with many people still milling around each table, talking to the NEC experts and taking away a lot



Keith Barth, Fitness Report gives training on evaluation Jan. 16 during National Me the training several times includes evaluation policy appropriate content and wo



Photo by MC2 (SW) Anna Arndt

Lt. Cmdr. Aleah McHenry and HMC (SW/AW) Richard Laxa, members of the Mentorship Committee, cut the cake during the National Mentoring Month celebration in the galley on Jan. 15.

of information. Chief Hospital Corpsman Aaron Vandall, NMCP's Surgical Services department senior enlisted leader, acted as judge for the event and talked to the staff at each table before announcing which table produced the best display and pertinent information.

The corpsmen at the radiographic technicians table cheered when Vandall announced they were the winners. The three rad techs brought a portable X-ray machine hooked up to a medical simulation mannequin, sample X-rays and were prepared to impart a lot of knowledge about their NEC and how a hospital corpsman can enter the rad tech field.

Although the fair is over, and National Mentoring Month will soon end, NMCP will continue a focus on mentoring Sailors. HM1 (SW/FMF) James G. Frymire, a member of the hospital's Mentorship Committee, helped coordinated the fair and is passionate about mentoring junior Sailors.

"Mentoring is important because it opens up different avenues personally and professionally that you wouldn't otherwise know about or experience," Frymire said. "Mentoring, whether formal or informal, to all Sailors across the Navy is beneficial. It's what makes

today's Sailors better prepared for tomorrow. We – the NMCP



Photo by MC2 (SW) Anna Arndt

HMCM Dana Goodwin, deputy command master chief, discusses the importance of mentoring while giving the opening remarks for the National Mentoring Month cake cutting Jan. 15.

Mentorship Program – are just a stepping stone for their careers."

National Mentor Month highlights mentoring and the positive impact it can have on young lives, and for the Navy, mentorship is important at any career stage. The goal of the NMCP's active mentoring program is to create an environment in which mentoring relationships are encouraged and supported. NMCP staff can sign up to be a mentor or request a mentor by contacting their division mentorship champion.

NMCP's Mentorship Program Committee also celebrated the national month on Jan. 15 with a cake cutting, and on Jan. 16, sponsored evaluation training, which included evaluation policy and recommendations for appropriate content and wording.



Photo by MC2 (SW) Anna Arndt

and Evaluation coordinator, is writing in the auditorium during National Mentoring Month. Barth gives the presentation throughout the year, which usually 12 months.



Photo By MC2 Nikki Smith

The NMCP NEC fair came to a close when HMCM(SW/FMF) Aaron Vandall, left, SEL for surgical services department awarded the winning certificate to HM2(FMF/SW) Fletcher Crawley, a radiologic technician in the medical center's Radiology department. Crawley and two other rad techs had a large, information-intensive display along with a medical simulation mannequin hooked up to a portable X-ray machine.

Exalted Warrior Adaptive Yoga Program Enters Third Year

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

The Exalted Warrior Adaptive Yoga program continues to provide an alternative therapy to the Marines of Wounded Warrior Battalion-East Portsmouth detachment as the program enters into its third year at Naval Medical Center Portsmouth.

The program was brought to the medical center by the Exalted Warrior Foundation. It gives injured Marines recuperating from post-traumatic stress disorder and traumatic brain injuries (as well as physical injuries), an option for healing through this comprehensive, complementary and alternative therapy.

Since the program's inception, Ann Richardson, yoga instructor and owner of Studio Bamboo in Virginia Beach, has come to NMCP to lead the Marines in a weekly class, offering them an opportunity to relax and reconnect with themselves. For many, it's learning to connect to their changed bodies.

"I had worked before with friends who had been injured and used yoga to help them get back into their bodies after the injury," Richardson said. "To help keep them focused on what they are trying to do, you have to adapt the yoga to them. That's why it's called adaptive yoga."



Ann Richardson, yoga instructor for the Exalted Warrior Adaptive Yoga program at NMCP, holds the foot of Sgt. Justin Coats, a member of Wounded Warrior Battalion-East Portsmouth detachment, during a weekly yoga session at NMCP.

Richardson began working with service members after one of her clients, retired Rear Adm. Tom Steffens, began the Exalted Warrior Foundation. Steffens served as a SEAL for 30 years

and found yoga relieved pain from injuries that surgery and medication had not provided. His experience led to the foundation's creation and the implementation of the program at four military and five veterans' hospitals around the

country.

"Adaptive yoga increases breathing, concentration and focus, and a calmness comes over them," Steffens said. "After the first session, some say, 'This is the first time I've been relaxed in several years.' It's hard to come down after all the training and deploying. For anyone who is injured or who has PTSD, dealing with this goes on for a lifetime."

The numbers in the detachment have fluctuated – up to 70 in 2011, now in the 40s – and Richardson has seen many new faces willing to give yoga a shot. But others are resistant to the idea that yoga can help them.

"I hear, 'I don't need yoga,' and I tell them to come in and give it a try, that they don't have to come back," Richardson said. "Oh, they come back. I see them smile through the pain, and then they get it. They understand that they get relief from it. It's not so jarring to their system; they find their own body and for those who are physically injured, find themselves in a new body."

During each session, Richardson works the room, helping the Marines get into the preferred position. Sometimes she holds a leg and foot or an arm and a shoulder in place, sometimes she helps align backs and hips. She frequently places

bolsters or blocks under bent knees or injured limbs for extra comfort and support.

The Marines' medical care at NMCP often includes traditional physical therapy to help them heal and become stronger. The yoga class supports the care they are already receiving.

"Many of them have orthopedic issues – injuries or amputations – and balancing is a big deal," Richardson said. "I have to be quick to tell them a modification so they can participate in every aspect of the session, but a lot of times they figure out a modification for themselves."

Sgt. Allan Olson, who has been diagnosed with PTSD and is being evaluated for a TBI, has attended only a few sessions, but has already figured out how adaptive yoga can work for him.

"I've had anxiety, nightmares and don't sleep well, so the nap

— See **YOGA**, next page



Ann Richardson, yoga instructor for the Exalted Warrior Adaptive Yoga program, sits sideways to demonstrate the proper posture during a weekly yoga session at NMCP.

YOGA — *Continued from previous page*

time at the end is my favorite part,” Olson joked. “Actually, I want to get into meditation and yoga for the relaxation, so I get a good workout on my own for the hour before and then stretch and relax for the next hour. It’s some of the best stretching and helps slow things down. It’s great because it slows down my mind and my body and gives me a break.”

Melissa Marshall, the detachment’s deputy officer in charge, has seen for herself the effects the program has had on her Marines.

“I think it’s a great program,” Marshall said. “The Marines are generally reluctant to participate at first, but that soon changes when they see it doesn’t fit their preconceived ideas of what yoga is. I have seen some really fabulous results for some of the past participants. The relaxation techniques are very beneficial to the overall morale of the guys here.”

About 10 Marines are able to take part in each session. With

doctor’s appointments and administrative tasks to juggle, the number of participants can fluctuate anywhere from a handful to nearly two dozen.

Richardson and the Marines make it their mission to work hard to stretch and relax. They end each session with the same relaxation technique.

“Draw all awareness into you, from your toes to heels to calves,” Richardson said, as they laid on the exercise mats, eyes closed. “Take a deep breath and draw all awareness there. Draw all awareness from your calves to knees to thighs. Take a deep breath and draw all awareness there.”

By the time they have worked up to the top, many of them have fallen asleep, and Richardson leaves them all to rest for about five minutes before she wakes them with a gentle voice. The group gets up, refreshed, ready to take on the next step in their journey of healing.



The Marines of the Wounded Warrior Battalion-East Portsmouth detachment “stretch like they mean it,” as instructed by Ann Richardson. As they stretch, Richardson helps a Marine at the back of the room straighten his arms.



Save the Date

Annual Oakleaf Auction Set for April with Bier Garden Theme

The Oakleaf Club of Tidewater will host its largest fundraiser of the year – the annual fundraising auction – on Friday, April 26. This year’s theme is “Bier Garden.” Mark your calendar, watch for more details and plan to attend!

All proceeds come back to the command to support local and deployed staff and provide comfort items that enhance the morale and welfare of patients, their families and those who care for them.

For more information, call Kathy Duntemann at 651-5025.



Capt. James Hancock, NMCP deputy commander, presents a Meritorious Service Medal to Cmdr. Sarah Neill.

Change — *Continued from page 1*

more economical, but better,” Hancock said. “They’ve done over half a million visits during Sarah’s tenure, they’ve taken the no-show rate down to nothing. You got certified by the nation’s certifying (body for health care quality), NCQA, and you’ve done this in a time of war.

“We thank you for the job that you have done,” Hancock added. “It has been no small challenge. As they say, this is not her first rodeo. She’s a ‘been there, done that’ kind of gal.”

Neill spoke how the three branch clinics in her charge were like her “children,” each with unique challenges and solutions to improve health care delivery to their patients.

“When I reflect on what it is that these clinics and this amazing staff are able to accomplish each and every day, I am humbled by your awesomeness,” Neill said.

She thanked dozens of co-workers, shipmates and family members, and said this was the “tour of threes”: Three commanding officers she supported, three branch health clinics in the region and their OICs, and the

Cmdr. Judy Walker holds up the flag as Cmdr. Sarah Neill salutes before accepting the flag during the flag-passing ceremony.



Cmdr. Sarah Neill, outgoing officer in charge of Branch Health Clinic Norfolk Triad, receives a Meritorious Service Medal from Capt. James Hancock, Naval Medical Center Portsmouth deputy commander, during the Change of Charge ceremony at Naval Station Norfolk.

staff during her tenure – three administrative officers, three senior enlisted leaders and three senior nurses.

“Thank you for giving me the opportunity to be your OIC,” Neill said. “I could think of no other job in the Navy better than the one I leave today. It has been my distinct honor and privilege, and for that I am eternally grateful.”

After Neill and Kay-Marriner read their orders, Kay-Marriner expressed her excitement over her new assignment.

“Many say that the assignment of officer in charge is one of



Cmdr. Sarah Neill and her mother, Linda Bagg, fight back tears as Neill presents the flag to her mother.

the best jobs in Navy Medicine,” Kay-Marriner said. “Having been previously assigned as an OIC, I would tend to agree. To be afforded another opportunity to serve as OIC with the responsibility of leading the largest health care clinic in Navy Medicine is an honor and also a dream come true.”

Kay-Marriner was most recently at NMCP as the senior advisor for the APL Research Project, “Improving Access to Care for Orthopedic Services.”

Following the change of charge, Neill held her retirement ceremony with retired Capt. Peter O'Connor as the guest speaker. Neill and O'Connor most recently served together at Navy Medicine East in Portsmouth.



Capt. Robert Fry brings out an Adirondack deck chair painted with a Medical Service Corps emblem and stenciled with Cmdr. Sarah Neill's name, a gift from him and Rear Adm. Terry Moulton.

O'Connor related many moments of stellar service by Neill, including her coordination in sending medical teams to Haiti after the January 2010 earthquake, adjusting manning levels to improve services at the 15 naval hospitals and clinics within NME, and most recently for her work at the BHC.

“Sarah has been a superb naval officer and a great mom and wife,” O'Connor said. “I don't know how she did all that. She will make a great catch for the organization lucky enough to get her. Fair winds and following seas.”

PIPELINE — *Continued from page 3*

do not have to travel long distances to get their VA exams, the examination used to rate the disabilities.”

The faster turnaround also helps the Navy and the Marine Corps with manpower management and fleet readiness. The faster an ill or injured member can be released from an operational billet, the quicker that billet can be filled by a replacement. That also applies to service members returning to full-duty status. According to Mitchell, they return about 100 Sailors and Marines to full duty every month.

By ensuring the highest quality of health care, the full and efficient use of NMCP's services, and working closely with Navy and Marine Corps commands, Medical Boards' accomplishments demonstrates well Navy Medicine's goals of

readiness, value and jointness.

Another reason for their efficiency is the 15-member Medical Boards staff is split between two locations – the main office co-located with others who are key to the process and a satellite office in the Orthopedics Clinic, since many service members find themselves going through the medical board process because of orthopedic-related conditions.

“When people come to us, we make sure they have all their paperwork and coordinate that with their doctor so the patient doesn't have to keep going back and forth,” said Williams. “The (medical boards) staff has been great because without them working as a team, none of this would be possible. We all have different parts of the process to complete, so everyone doing their part is how we are able to achieve the pipeline award.”



The Medical Boards staff with their Certified Pipeline Movers Awards.

DESA Ladies Auxiliary Donates \$500 to Wounded Warriors

STORY AND PHOTO BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

The Destroyer Escort Sailors Association Ladies National Auxiliary donated \$500 on Jan. 11 to the Naval Medical Center Portsmouth's Fleet Liaison for use by injured Sailors and Marines.

The money will be used for quality of life improvements for those staying at the medical center in the Wounded Warrior Patriots' Inn.

Cmdr. Sean Sullivan, Fleet Liaison Department head, and



Cmdr. Sean Sullivan, Fleet Liaison department head, and HMCS Brendan McCarthy, Fleet Liaison senior enlisted leader, accept a check for \$500 from the Destroyer Escort Sailors' Association Ladies Auxiliary, presented by retired ATC Robert Lamb. The money will be used for the benefit of injured Sailors and Marines at NMCP.

Senior Chief Hospital Corpsman Brendan McCarthy, Fleet Liaison senior enlisted leader, accepted the check that was presented by retired Chief Aviation Electronics Technician Robert Lamb, a local member of DESA who lives in Virginia Beach. Lamb was active duty from 1944 - 1964 and served in World War II, the Korean War and Vietnam.

The DESA Ladies National Auxiliary consists of wives, daughters and granddaughters of the DESA members.

"We work to support DESA, the Destroyer Escort Historic Museum in Albany, N.Y., and our wonderful veterans and those serving our country today," wrote Phyllis Gruber, president, DESA Ladies Auxiliary, in an email from Allentown, Pa. "We raise our money through membership dues, our Ladies Ship Store during the annual convention, our 50/50 raffle at the convention and our quilt raffle. We raise about \$3,000 from the quilt alone."

The queen-sized quilt made by the auxiliary included embroidered ships, anchors and the Navy Seal in the center.

The money raised from the raffle was dispersed to six medical facilities throughout the country. The five people whose names were drawn could designate a hospital of their choosing, with the money benefiting veterans. Members voted to also make a donation to NMCP as it is the naval hospital near the convention location, which was held in Norfolk.

DESA is a national organization of veterans who served on Destroyer Escort ships and Coast Guard ships that were converted into DE ships during World War II, the Korean War, the Vietnam War and the Cold War. Current membership is 4,500 members, with one or two chapters in 22 states.

Readiness: When Bad Weather Strikes

Don't wait until snow falls or flooding occurs to wonder whether you are "mission essential."

Find out your status now and monitor the command Facebook page for the most complete information and guidance when foul weather occurs.

Information is also provided to local TV stations, Twitter and on the NMCP website, but your most complete guidance will be at www.facebook.com/NMCPortsmouth.



Sites to Monitor

www.facebook.com/NMCPortsmouth

<http://twitter.com/NMCP1>

www.med.navy.mil/sites/NMCP

JANUARY AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Brendan Glennon
Capt. Beth Jaklic
HMCS (FMF) Mark Chrzanowski

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Frederic Kelley III
Cmdr. Catherine Riley
Lt. Cmdr. Alexander Holston
Lt. Cmdr. Johnny Rodgers
HMCS Tracy Martin
ABHCS(AW/SW) Patrick Reynolds
HMC (EXW/SW) Daniel Covitz
HMC (SW/AW/FMF) Thomas Kaptur
HMC (SW/AW) Deborah Richard
HMC Jannine Tobler
HM1 (SW) Rober Crouch, Jr.
HM1 (FMF) Wayne Jackson
IC1 (SW) Sandra Lee
HM1 (SW/AW) Joshua Nichols

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. j.g. John Blakley

FCC Gabriel Kuntzman
CS1 (SW/AW) Meyanta Fitts
CS1 (SW/AW) Jerry Marin
PS2 Mouhamadoul Bah
HM2 (FMF) Barac Barreracadena
HM2 (FMF) Steve Dukes III
HM2 Jessica Guerrero
HM2 (SW) George J. Haller
CS2 Allan C. Josue
HM2 Juan Lopez-Soto
HM2 (SW) Tyson Riccio
HM3 Michael Brown
HM3 (FMF) Chase E. Lapradd
QM3 Tailor Lucas
HM3 Carlos Vasquez
HN Damien Fiedler
HN Marcos Ramirez

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

CS1 (SW/AW) Meyanta Fitts
HM1 (SW) Natasha Mattocks

JANUARY MENTOR OF THE MONTH

Lt. Cmdr. Lorena Griffin reported to Naval Medical Center Portsmouth in January 2011. As the laboratory manager, she is responsible for the technical operations generated by 217 staff members.

No two days are alike for her with her busy schedule. She is currently learning

about how the laboratory test files work in CHCS, while ensuring the laboratory professionals at the "First and Finest" have all the resources they need to meet and exceed the mission, including personnel, space, equipment and accreditation readiness.

She has the same mentoring philosophy as her mentor – retired Lt. Cmdr. Aaron Harding – which is to mentor anyone, anywhere, anytime the notion strikes: in the elevator, in line at the galley or even in the head. She mentors civilians, enlisted and officers and loves being able to help someone with any area of their life.

She believes that mentoring is important because it grooms junior personnel so they can help groom people in the future.

"Once you learn something well and you are given an opportunity to teach someone else, it empowers and motivates you to do it well and do it right the first time,"

Griffin said. "Plus, you have to know what you are talking about with certainty."

Griffin is motivated by helping others and uses everything she has learned in her 18 years of military service to help others. She recommends that other mentors read the book, "The Elements of Mentoring," and encourages everyone to become a mentor.

"You never know what experience you might have that would help and inspire someone else," said Griffin. "We were all made with unique gifts. Everyone has something to offer!"

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.



Photo by MC2 (SW) Anna Arndt

The Courier Asks What Is Your 2013 Resolution?



CRYSTAL WOOD
Radiology Clerk

"To save money this year."



MA2 (SW/AW)
MATTHEW JENKINS
Security

"To become more family oriented while still keeping the Navy a priority."



HM2 OSCAR HERNANDEZ
Staff Education and Training

"To enroll in school to further my education, and to not eat any zebra cakes for a whole year."



DOMINICA LEE
Mental Health automation clerk

"To broaden my employment opportunities."



LT. CMDR. KEITH DOBBINS
Training Officer

"To put God at the forefront of everything and to live a life of integrity and service."



CLAUDALE GARDENER
Internal Medicine medical assistant

"To press and succeed in obtaining my bachelors in Psychology."



RENEE FARRINGTON
Ophthalmology Clinic medical assistant

"To lose weight."



HM2 ANGELIC
CAMPOREALE
Laboratory

"To never make resolutions so I won't feel bad when I fail at keeping them, and I've stuck to it."



HM1 FRANK ROBINSON
Command Suite

"To get healthier and prepare for retirement."



RPSN PATRICK
BRUTSCHE
Pastoral Services

"To go to daily mass more often."